



## **WANDERLUST NYC/YOGA AID**

Sunday September 9th 2012

PIER 63, NYC

13 HANDS LIVE FINALE - <http://nyc.wanderlustfestival.com/home>



## **STARSEED OPENING HOUSE WEEKEND! 9/7 – 9/9**

Saturday, September 8th 2012

13 HANDS - Sound Meditation

2 -3 pm

COME LIE DOWN, GET BLISSSED OUT

IT'S FREE! – PROGRAMS ALL WEEKEND!

<http://starseedyoga.com>



## **[SPECIAL 13 HANDS SONGWRITER PERFORMANCE NYC!](#)**

Thursday, September 13<sup>th</sup> 2012

9 PM SHARP

**ELLA LOUNGE**

#9 Avenue A,

New York, NY 10009



## **YOGA AND SOUND MEDITATION WORKSHOP**

FRIDAY, SEPT. 14TH

7:30 PM

**SPHERICALITY YOGA, PILATES AND FITNESS**

FLEMINGTON, NJ

<http://www.sphericality.com>

☯ September, 16<sup>th</sup> 17<sup>th</sup> and 26<sup>th</sup> – DRUMMING CIRCLES

**ROSH HASHANAH AND YOM KIPPUR**



**13 HANDS / NOMADYOGA presents**

**MAINTAINING YOUR YOGIC, SPIRITUAL AND HOLISTIC LIFE IN THE MODERN WORLD”**

**AT THE NEW STARSEED YOGA IN VERONA, NJ!**

**FRIDAY, SEPTEMBER 21st**

**7:30 – 9:30 pm**

<http://starseedyoga.com>

Join DALIEN, aka 13 HANDS, Grammy nominee, Professor of Yoga at Montclair State University, ERYT 500 and sound therapist on a first of several healing events to be held at the new STARSEED! DALIEN will take you through an informative and inspirational journey to create, improve, maintain, innovate and fine tune your yoga practice, chakras, health and healing, spiritual, mind/body/spirit lifestyle and toolbox..... and if you're just starting to build your toolbox, then that's okay too...**ALL ARE WELCOME!**

DALIEN comes with a very unique, and long spiritual journey, having cured himself of Crohns disease and other severe endocrine system disorders involving liver, pancreas and various digestive issues. He healed himself through various modalities such as, yoga, organic and raw foods, juicing, marital arts, meditation, shamanism, ayurveda, sound healing, acupuncture, chiropractic and more. He's kind of a little poster boy for being able to persevere in order to heal oneself the natural way via physical, emotional, spiritual and holistic methods. His humorously direct, inspirational, caring and open heart will take you on an in-depth journey to understand how simple, practical, fun and non-intimidating healthy lifestyle maintenance can be; along with taking full responsibility for one's spiritual growth and soul work.

The event will open with some basic yoga to ground and open the body and relax the mind. In addition to the conversation and Q & A, there will be specific chakra-based, sound meditation, movement and kirtan/chant elements involved to help participants fully integrate the workshop into your everyday life!

**There will be no Kentucky Fried Chicken at this workshop :)**



**SHERYL EDSALL NATURALLY YOGA SUPER BIRTHDAY WEEKEND...**

**13 HANDS LIVE MUSIC ACCOMPAINMENT FOR SHERYL**

**SAT. SEPT. 22ND CLASS**

**9:30 AM – 11 AM**

**\$10 PLUS REGULAR CLASS PRICE OR CLASS FROM PACKAGE**

<http://naturallyyoga.com>



**GLOBAL MALA IS OPEN FOR REGISTRATION!**

**AMAZING CHARITIES SUPPORTED....**

**including PTSDNJ**

**13 HANDS provides accompaniment for yoga class and ½ hr 13**

**HANDS Bhakti Rock Kirtan set!**

**SUNDAY, SEPTEMBER 23RD**

<http://www.globalmalanj.org/>

### **CURRENT PTSDNJ UPDATE:**

After 3 amazing years of group work with an amazing and resilient group of trauma survivors...We are in the process of working on and finishing the report that documents the last 2 years of growth, healing, change and empowerment..... All of the clients continue with one on one work as needed, but they have stepped into an entirely new way of handling, owning and taking responsibility for their process, their emotions, healing and evolution..... This process has been one of the most inspiring and human testaments of how love, kindness, holistic support and empowerment methods let people reclaim their life, their strength and authentic power... **Stay tuned...**

**And a phase one Heartt Protcols weekend training is in the works for fall 2012**



**World Chant, Community & Concert**

**FRIDAY, SEPTEMBER, 28th 2012**

PORTION OF THE PROCEEDS WILL BE DONATED TO THE  
JORDAN FISH FOUNTAION

7:30 pm Doors open

Terra Sky Center for Wellness

Summit, NJ

<http://www.terraskycenter.com>



**Yoga / Sound Meditation Workshop  
& World Chant / Kirtan**

**SATURDAY, SEPTEMBER, 29th 2012**

Yoga workshop 4 – 5:30 pm

World Chant / Kirtan 7 pm

BALANCE YOGA

Forty Fort, PA

<http://www.BalanceYogaStudio.net>



## **World Chant, Community & Concert**

**FRIDAY, OCTOBER 5th 2012**

**7:30 PM**

**DIG YOGA**

Lambertville, NJ

<http://digyoga.com>



## **Yoga and Sound Meditation Workshop & World Chant, Community Potluck & Concert**

**Saturday, Oct 6th 2012**

Yoga workshop 4 – 5:30 pm

Community Potluck Gathering 5:45 PM – 7 PM

World Chant Concert – 7:30 pm

Kula Kamala Yoga - toms river NJ 08753

<http://www.kula-kamala-yoga.com/>



## **13 HANDS CONCERT**

**Institute for Spiritual Development**

**Friday, Oct. 19<sup>th</sup> 2012**

World Chant Concert – 7:30 pm

**Sparta, NJ**

<http://isd-sparta.org>



## **DALIEN, AKA 13 HANDS**

**Family yoga, music, sound and storytime**

**Sunday, Oct. 21<sup>st</sup> 2012**

debut reading of “A Pug Named Pickles” environmental children’s book

2:30 – 4 pm

**HAPI YOGI**

**Westfield, NJ**

<http://hapiyogi.com>



## **13 HANDS SOUND MEDITATION**

Come lie down and get blessed out!

SUNDAY, October 21<sup>st</sup> 2012

1 hour 7 pm – 8 pm

**ONYX MIND BODY,**

**Warren, NJ**

<http://onyxmindbody.com>



## **Yoga / Sound Meditation Workshop & World Chant / Kirtan**

**THURSDAY, OCT. 25<sup>TH</sup> 2012**

Yoga workshop 7 PM

**FRIDAY, OCT 26<sup>TH</sup> 2012**

World Chant / Kirtan 6:30 PM DOORS OPEN

**YOGA CENTER OF MEDFORD**

Medford, NJ

<http://www.yogacenterofmedford.com>



## **SHERYL EDSALL, PENNI FEINER & 13 HANDS - World Chant / Kirtan**

**SATURDAY, OCT 27<sup>TH</sup> 2012**

World Chant / Kirtan 7:30 PM DOORS OPEN

**NATURALLY YOGA - <http://naturallyyoga.com>**



## **13 HANDS - World Chant Concert**

**SATURDAY, NOV. 3rd 2012**

World Chant / Kirtan 7:30 PM DOORS OPEN

**REST, STOP REJUVENATE**

Rockaway, NJ

<http://reststoprejuvenate.com>



## **YOGA, MIND, BODY AND STRESS**

**Wednesday, Nov. 7<sup>th</sup> 2012**

**CAMPUS EVENT**

**BERGEN COMMUNITY COLLEGE**

**PARAMUS, NJ**



## **13 HANDS YOGA AND SOUND MEDITATION**

Yoga asana and chakra alignment philosophy that will culminate in one of the most blissful and relaxing 45 minute savasana's ever

Regular class/package plus \$10

**FRIDAY, NOV. 9<sup>TH</sup> 2012**

7:45 PM – 9:15PM

**ONYX MIND BODY,  
Warren, NJ**

<http://onyxmindbody.com>



## **Yoga and Sound Meditation Workshop & World Chant, Community Potluck & Concert**

**Saturday, Nov. 10<sup>th</sup> 2012**

Yoga workshop 4 – 5:30 pm

Community Potluck Gathering 5:45 PM – 7 PM

World Chant Concert – 7:30 pm

**Live In Joy Yoga – Audubon, NJ**

<http://www.liveinjoyyoga.com>



## **DALIEN, aka 13 HANDS CONCERT**

**Wednesday, Nov. 14<sup>TH</sup> 2012**

7:30 pm

**KRIPALU**

**LENNOX, MASS**

<http://kripalu.org>

**MORE COMING!!!**